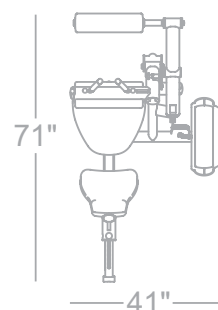


SEATED LEG CURL



- Self-adjusting ankle pad eliminates the need for an adjustment while providing proper support throughout the entire range of motion.
- One-way ratcheting, 8 position back pad angled at 25°, seat pad angled at 20° to facilitate complete range of motion.
- Thigh pad assembly adjusts to 6 positions to accommodate a wide range of users.
- Ergonomically located handles with contoured grips for proper user alignment during exercise.



Dimensions

W: 41" (104 cm)

L: 71" (181 cm)

H: 57" (145 cm)

Weight Stack Options	170 lbs. (77 kg).	250 lbs. (113 kg)
Machine Weight	389 lbs. (131 kg)	469 lbs. (213 kg)

PARAMOUNT

**SEATED
LEG CURL**
MODEL: XL2-200

1. Read all warning labels on machine.
2. If this machine appears damaged or inoperative, do not try to use or fix. DO NOT use if any weights are pinned in an elevated position. Seek assistance from staff.
3. Always choose a light resistance when using a machine for the first time. Always train at a controlled rate of speed.
4. Select a resistance level.

ADJUSTMENT GUIDE

HEIGHT	METRIC SEAT	SEAT
5' 2"	157cm	7-8
5' 7"	170cm	5-6
5' 10"	178cm	4-5
6'	183cm	2-3
6' 2"	188cm	1-2
AND OVER		

STARTING ENDING

1. Follow the adjustment guide and adjust back pad to a comfortable position to align knee with pivot point.
2. Place ankles comfortably on ankle pad.
3. Lower the thigh pad until it contacts your thighs. Grasp the handles.
4. Flex your legs downwards and back bringing the pad under the seat.

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Superior grade BoltaSport, Boltaflex and Uniroyal Naugahyde® available in this wide range of standard upholstery colors

FRAME PAINT COLORS:
SILVER
GLOSS WHITE TEXTURED